



SIMCIP Group Training and Consulting Services offers a comprehensive course on:

Law Enforcement Suicide Prevention, Stress Management, and Conflict Resolution

Overview:

This class is designed to heighten awareness and provide viable coping skills surrounding the psychological, physical, and behavioral effects from stress for law enforcement personnel.

Law enforcement suicide prevention and intervention will be covered in this class.

Without healthy resolution, the work environment can be affected, low morale and poor productivity can also occur.

Following the completion of this class, law enforcement personnel will potentially acquire: new insight into the origins of anxiety and stress, evaluate healthy versus unhealthy coping patterns to such a process, consider how “core beliefs” affect those whom may experience such negative effects from stress, acquire a comprehensive model for law enforcement suicide prevention and intervention, and leave with tools to potentially mitigate such effects.

This seminar will not only educate others, but provide the necessary insight into what some individuals and families experience, will penetrate the Stigma dynamic, and will assist others in “normalizing” such behavioral and psychological reactions that such individuals and families endure.



SIMCIP Group

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A Law Enforcement Suicide Prevention, Stress Management, & Conflict Resolution

December 15th, 2014 0830-1630

LOCATION: Spokane County

Sheriff's Office Training Center



advanced purchase – only \$189

Agenda:

Suicide Prevention/Intervention, Managing Stress, & Cultural Sensitivity for Law Enforcement Personnel

- What is Anxiety
- Recovery from Anxiety Responses
- Post-Traumatic Stress – Signs and Symptoms

Signs from Stress

- Physiological Signs & Effects from Stress
- Fight or Flight Response
- Psychological Effects from Stress
- Behavioral Effects from Stress
- Benefits of Relaxation and Self Talk
- Mistaken Beliefs
- Stress Symptom Checklist

Law Enforcement Suicide

- Prevention/Intervention
- Suicidal Behavior Along a Continuum
- Suicide Threat Assessment

Law Enforcement Suicide

- Assessing Suicidal Level of Intent
- Assessing Suicide Potentiality
- Actions to Avoid In Suicide Intervention
- Suicide Intervention Steps

Conflict Resolution

- Operational Definitions of Conflict
- Skills to Reduce Conflict
- Enhancing Listening Skills
- Bad Listener/Good Listener

Questions

- Certificate Presentation